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U.S. House passes historic health-care bill

WASHINGTON Barack Obama has achieved what's proven impossible for so many U.S. presidents before him — he's ensured millions of uninsured Americans will soon get health care following a monumental vote that will undoubtedly define his presidency.

Obama's \$940-billion US legislation was finally passed by the House of Representatives yesterday night after a divisive year-long national debate.

An estimated 50 million Americans lack health insurance. **THE ASSOCIATED PRESS**

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WHAT'S THIS BARCODE FOR?

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ReelMetro

Robin Kuniski

Calgary videographer's lighter side of city life at metronews.ca/reelmetro

Going Green pg 10

Go dark for Earth Hour

On the web

Visit metronews.ca for news updates



Paralympics

Closer

A performer makes her way through the main walkway of Whistler as she arrives for the closing ceremonies of the 2010 Paralympic Winter Games yesterday. **More coverage, page 11.**

'I can't believe it'

Mixed reaction greets reports cigarette may have caused fire

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Resident reaction to media reports a smouldering cigarette led to Thursday's Millrise condo inferno was mixed yesterday at the scene of the fire.

As residents of the Millrise condo complex filed back yesterday to retrieve items during supervised visits to some of the secured suites, word had spread of a possible cause.

Gail Fagan invested in one of the units with her son two years ago and was outraged to hear a cigarette may have caused the devastating damage that has left her son with nothing.

"It really makes me mad. I can't believe it. That person should feel ashamed. I don't know why someone wouldn't be more careful with something like that," Fagan said.

Fagan added she and her

family will vote in a meeting set to take place with condo owners and the condo board today to rebuild the structure, but she still had trouble accepting the reported cause of the blaze.

"We still have to pay mortgage despite the fire. Smokers should give their head a shake and be more careful. This happens a lot."

Fire officials weren't available for comment but were said to still be investigating, and they will reveal the official cause of the fire this week.

Resident Samantha Murphy said even if the cause is determined to be a carelessly discarded cigarette butt, she won't blame the person who did it.

"Well, accidents happen and people make mistakes. I mean, it's upsetting, but it can't change anything now," she said.

Murphy only lived in the condo for a few months but said she was thankful to be alive.

Police investigating after man found in lot dies

KRISTA SYLVESTER
krista.sylvester@metronews.ca

PROBE Homicide officials are investigating after a man died yesterday in hospital after an apparent altercation in the city's

northeast the night before. Acting Insp. Terry Larson said police were called to an assault in the 200 block of 52 Street NE just after midnight Saturday and found a man unconscious in a parking lot. He was rushed to hospital with life-

threatening injuries and died yesterday.

"I don't know if they knew each other, but it wasn't random. There was some kind of altercation between two small groups of people," Larson said.

He said the police have

identified a person of interest who was on the scene at the time, but the person isn't in custody and no charges have been laid yet.

"We believe there are other people with more information and we are looking to talk to those people,"

Larson said.

Police said more details will be released today after an autopsy is complete, but added there was no weapon recovered at the scene.

Anyone with information is asked to call police at 403-266-1234.

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Local



Two winning tickets for \$41M jackpot

Saturday's huge Lotto 6-49 jackpot will be shared. There are two winning tickets for the whopping \$41 million draw — one purchased in Ontario the other in Edmonton. Each ticket is worth \$20.6 million, and the lucky winners can claim their cash as soon as this morning. The odds of winning any jackpot that matches six figures are one in 14 million.

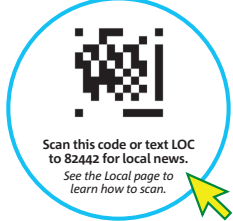
METRO CALGARY

Calgary man dies in B.C. avalanche

EAGLE PASS An avalanche on Eagle Pass Mountain west of Revelstoke, B.C., killed a 30-year Calgary man who was among about 10 people at the base of the mountain on Friday.

The Western Hockey League identified the man as Kelly Reitenbach, a former linesman, and said he died while snowmobiling.

THE CANADIAN PRESS



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Following news stories on Twitter...

CalgaryTweets

@kajaloraine Out for a walk in beautiful #yyc with Starbucks in hand. Life is good :)
@flamesstamps 'No identity or grit' Calgary #Flames need to win 9 of their last 10 to make the playoffs. Fat chance, time to blow it all up. #yyc
@jpbremner Now that spring is rolling in, #yyc needs a real good rain to knock some of this dust and grime down.
@taylercasey Wish I was on The Ship patio with the rest of #yyc and not at work.

Lotteries

Friday, Mar. 19
Lotto Max: 01, 03, 06, 34, 37, 42 & 45 Bonus 27
Saturday, Mar. 20
Lotto 6/49: 09, 11, 15, 34, 35 & 42 Bonus 47
These results are not official.

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Anti-racism rally goes 'well': Cops

No acts of violence, only two charges at annual demonstration

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Despite intense moments at an annual anti-racism demonstration in front of city hall yesterday there were only minor incidents in a confrontation between groups.

Over 100 anti-racism activists took over the steps of city hall for the third annual event to fight back against racism at the high-security event.

Layton Bertsch told the crowd of angry anti-racism protesters, "We're not here to cause problems but we want our views to be heard. We are proud of white people and we simply just want to be tolerated."

The tension peaked when an unidentified woman showed up in camouflage and shouted vulgar racist obscenities while flailing her middle fingers. Police had to safely escort the woman away as the crowd closed in.

Anti-racism group spokesperson Jason Devine



Anti-racism activists marched on the steps of city hall yesterday, and despite a few tense moments there were no injuries and only two charges.

said the event was a success.

"We're here to express our views and celebrate diversity and the fact there aren't any Aryan Guard here is a success," Devine said.

In the past there have been violent clashes between the two groups and

police were on hand at this year's event to ensure it wouldn't happen again, according to Insp. Kevan Stuart.

"I think it went well today. This was a very well prepared plan and there were no acts of violence," Stuart said, though he ex-

pressed concern protesters were wearing bandanas and covering their faces.

Police said there were no injuries during the event, but one person was charged for throwing a rock, and another charged after a person was struck with a skateboard.

Klein hands out 'Ralph bucks' on TV show

ON THE CLOCK It's unlikely that Ralph Klein's foray into the world of game shows will make Alex Trebek look over his shoulder.

The former Alberta premier's TV game show *On the Clock* aired Saturday night on Crossroads Television System on cable across Alberta and Ontario and via satellite nationwide.

It featured three Calgari-

ans — Rob Breakenridge, host of a Calgary radio show; Licia Corbella, editorial page editor for the Calgary Herald; and Ric McIver, a Calgary al-

derman who wants to run for mayor.

The topics ranged from the benefits of global warming — panellists got 10 seconds to discuss it — to whether Europe is losing its soul — which panellists had 30 seconds to discuss. Klein then awarded the panellists "Ralph bucks" for their answers.

"Ralph bucks" became the way people described the \$400 cheques Klein handed

out to every Albertan back when times were booming.

Josh Groberman, the show's producer and co-host said he approached Klein about doing some sort of television show after he retired as premier in 2006.

CTS has committed to two episodes of *On the Clock*. The second one will air at the same time next Saturday. **THE CANADIAN PRESS**

City schools take 14 top 20 spots: Report

ALBERTA Calgary's schools received top grades this year faring better than their Edmonton counterparts as the Fraser Institute released its annual report card on Alberta's schools.

Fraser Institute director Peter Cowley said Calgary schools took 14 out of the 20 top spots in the report card that compares academic performances of schools across the province.

"Calgary is doing great and has continued the trend of having a lot of the top schools in the province," Cowley said yesterday.

Of the top 14 schools in Calgary, only five were private and the rest were separate and public, Cowley pointed out.

"The report card is the only easily accessible, objective tool that helps parents assess the performance of their child's school."

New this year, the Fraser Institute report card can be found online, making it easy to compare the 642 schools across the province. For more information visit www.compareschoolrankings.com.

KRISTA SYLVESTER/METRO CALGARY

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What's online today.

Immigration As the U.S. girds itself for debate on immigration reform, Guidy

Mamann compares their approach to Ottawa at metronews.ca/immigration

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Suspect in knife-point van hijacking arrested after crash

A man suspected of hijacking a van at knife-point is under arrest after crashing the vehicle southeast of Barrie, Ont. A 28-year-old man from Barrie appears in court today on numerous charges. **THE CANADIAN PRESS**

3

Canada



Tweet your Earth Hour ideas

Earth Hour is Saturday at 8:30 p.m. What will you be doing?

This week, we'll share some tweets from Metro readers.

@giddyupsales: "Earth hr: invite friends + kids for a candle lit dinner + walk in our neighbourhood ending up at the park to play in the dark."

Send your Earth Hour tweets to @metroottaw.

Duceppe's 'resistance' remark slammed

CONTROVERSY The Bloc Québécois' hint at Nazi-era terminology to define its relationship with Canada ranks among the most absurd statements ever made by sovereigntists, Foreign Affairs Minister Lawrence Cannon said yesterday.

Senior members of the federal government excoriated Gilles Duceppe for describing Quebec sovereignty as a "resistance" movement — a term generally associated with the struggle to free Europe of Nazism.

Ottawa wants the leader of the Bloc Québécois to explain the remark that drew parallels between the Quebec sovereignty movement and French resistance against the Nazi regime. The speech drawing so much fire was made during the Bloc's weekend general council meeting, where delegates were marking the party's upcoming 20th anniversary.

"For now, we're members of a resistance movement," Duceppe told the crowd. "But members of today's resistance movement are tomorrow's victors. Long live a sovereign Quebec!" **THE CANADIAN PRESS**



Cannon

UN cutting workers in Kandahar

Temporary reduction comes amid security fears as NATO begins offensive

Kandahar is a city on the knife's edge.

Rising violence and NATO's unfolding offensive in the area has prompted the United Nations and other relief organizations to step out of the way.

The United Nations is in the process of cutting its foreign staff level in the southern city as part of a security review, said a spokeswoman for the UN mission in the capital Kabul.

"There has been a tempo-

rary reduction," Susan Manuel said yesterday.

Last week, NATO's top commander in Afghanistan, U.S. Gen. Stanley McChrystal, declared the operation to root out insurgents in Kandahar was underway. But rather than opening with a D-Day-like assault, he said the offensive in Kandahar would be rolled out in stages.

Manuel said the UN security review is not reaction to the military push as much

100 There are just over 100 UN staff in the city, including people from 37 other countries.

as it's a response to the overall situation in Kandahar, which is the spiritual home of the Taliban. A series of five co-ordinated bombings in the city on March 13-14 left 35 people dead and scores wounded.

She did not discuss num-

bers involved in the draw down, but other aid groups say it's expected to be more than a dozen.

Last week, the mayor of Kandahar and some provincial councillors expressed fears that the city would become a battleground this summer as the offensive intensifies.

But a senior Canadian officer in charge of battle operations said he believed the concerns are misplaced and despite their spectacu-

lar nature, the recent Taliban assaults were failures.

Lt.-Col. Roch Pelletier also challenged the overall perception that the city was besieged and other constant threats. That's not the impression he gets from patrols, which until recently were greeted by rock or vegetable-throwing Afghans in some quarters.

"Generally speaking, people are very friendly to us," he said.

THE CANADIAN PRESS

Memorial Luger gone but not forgotten



Prime Minister Stephen Harper pauses at a memorial for Georgian luger Nodar Kumaritashvili prior to the closing ceremonies of the 2010 Paralympic Games in Whistler yesterday. Kumaritashvili was killed during a training day for the 2010 Olympics. The head of the Vancouver Olympic organizing committee, John Furling, is set to attend a service for the luger tomorrow in Georgia.

Another B.C. avalanche kills two French skiers

DEATHS A third deadly B.C. avalanche in a week killed two French skiers Saturday as they were coming down a mountain after being dropped off by helicopter.

Valemount RCMP said a slide in Wells Gray provincial park near MacAndrew Lake buried three skiers, killing two men aged 65 and 19. The third man caught in the slide was rescued without injuries, RCMP said.

The dead men were found with the help of avalanche beacon locators but they couldn't be resuscitated, the RCMP said. Their families have requested their names not be released.

Police say the avalanche occurred when a licensed heli-ski operator had a group of 10 skiers and two guides descending a run in the

Size and scope

- The slide measured 300 to 400 metres wide, and ran for a distance of 700 to 800 metres, the RCMP said.

park's Cariboo Mountain range.

Heli-ski tours offer enthusiasts the opportunity to ski downhill in a natural setting, with the use of helicopters to take them to terrain difficult to reach by other means.

THE CANADIAN PRESS



Canada faces tough task with China, U.S. tensions at G20.

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News in brief

PROROGATION Federal NDP Leader Jack Layton hopes a motion that would make it harder to prorogue Parliament will help get more Canadians involved in the political process. The NDP motion requiring the prime minister to seek the consent of the House of Commons to shut down Parliament for longer than seven days was passed in the House last Wednesday. The motion is not binding on Prime Minister Stephen Harper, who has said that only a constitutional amendment could rein in the prime minister's powers of prorogation.

THE CANADIAN PRESS

Parliamentary panel could review detainee docs

INTELLIGENCE Setting up a special committee of senior parliamentarians to examine sensitive documents about Afghan detainees could help defuse a brewing political crisis over access to the information, intelligence experts say.

The appointment of former Supreme Court judge Frank Iacobucci to review memos on the possible torture of prisoners in Afghanistan marks the third time the Conservative government has

turned to an outsider to review a security-related matter.

The committee would be composed of MPs and senators empowered to examine Canada's security and intelligence community as well as specific files referred by the government.

Information that could endanger the safety of people or jeopardize an operation would be withheld, and material from international allies would be provided to members only

with consent of those parties.

Members would swear an oath of secrecy about classified information they see.

Existing Commons and Senate committees on security are generally not entrusted to see secret material.

But neither the Liberals nor the Conservatives, who took power four years ago, have moved ahead with the idea of a more robust national security committee. **THE CANADIAN PRESS**

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French investigators hunting for a gang of armed fugitives from the Basque separatist group ETA released a video of what they said were suspects in the death of a French policeman. It turns out they were just Spanish firefighters on holiday. French and Spanish officials acknowledged Saturday that they had the wrong men. **THE ASSOCIATED PRESS**

World



Ayatollah bashes U.S.

Iran's supreme leader sharply denounced the United States yesterday, accusing it of plotting to overthrow its clerical leadership, in a chilly response to an overture by U.S. President Barack Obama for better cultural ties with Iran. Ayatollah Ali Khamenei did not outright reject Obama's offer, saying Iran would keep an eye on Washington's intentions. But the supreme leader said that so far, Washington's offers of engagement with Tehran have been a deception. **THE ASSOCIATED PRESS**

India Marrying en masse



Brides show henna art on their palms as other brides wait in the background before a Muslim mass marriage in Ahmedabad, India, yesterday. Two hundred and one couples were married during the ceremony organized by the Gujarat Sarvajnik Welfare Trust for economically challenged members of the community. **THE ASSOCIATED PRESS**

Don't judge, says Pope

German archbishop admits church coverups

Pope Benedict XVI has urged Catholics to refrain from judging sinners a day after he rebuked Irish bishops for their handling of a half-century of sexual abuse of minors by clergy.

While the Pope made no mention of the Vatican's widely criticized policy of cloaking abuse allegations in secrecy, a Swiss churchman called for the Holy See to start a registry of molester clergy to avoid more shutting by bishops of pedophile priests from parish to parish.

The pontiff didn't mention his letter chastising Ireland's church hierarchy as he made his weekly appearance yesterday at St. Peter's Square. He cited the Gospel passage about Jesus inviting those with-

"Every single case darkens the face of the entire church."

Archbishop Robert Zollitsch

out sin to cast the first stone toward an adulterer. Benedict told English-speaking pilgrims in the square, "trusting in his great mercy toward us, we humbly beg his forgiveness for our own failings, and we ask for the strength to grow in his holiness."

In Germany, meanwhile, the news magazine Focus quoted the head of the German Bishops Conference yesterday as acknowledging that the Ro-

man Catholic church consciously covered up cases of sexual abuse.

Archbishop Robert Zollitsch of Freiburg said that while most cases happened outside the church, "assaults that took place in such numbers within our institutions shame and frighten me."

"Every single case darkens the face of the entire church," he said.

On Saturday, Zollitsch apologized personally for a sexual abuse coverup that happened 20 years ago in a Black Forest community while he was in charge of human resources at the Freiburg diocese. **THE ASSOCIATED PRESS**

Net threat to rare species: Officials

TRADE The Internet has emerged as one of the greatest threats to rare species, fuelling the illegal wildlife trade and making it easier to buy everything from live baby lions to wine made from tiger bones, conservationists and law enforcement officers said yesterday.

The web's impact was made clear at the meeting of the 175-nation Convention on International Trade in Endangered Species. **THE ASSOCIATED PRESS**

Volcanic eruption leads to evacuation

ICELAND A volcano in southern Iceland has erupted for the first time in almost 200 years, raising concerns that it could trigger a larger and potentially more dangerous eruption at a volatile vol-

cano nearby.

Scientists called the eruption mostly peaceful.

Nonetheless, officials sent phone messages to 450 people urging them to evacuate immediately. **THE ASSOCIATED PRESS**



Planned Bush, Clinton visit unearths tumultuous past for Haitians.

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the Bay

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China's capital woke up to orange-tinted skies Saturday as the strongest sandstorm so far this year hit the country's north, delaying some flights at Beijing's airport and prompting a dust warning for Seoul. Air quality was ranked as hazardous. **THE ASSOCIATED PRESS**

Netanyahu and Obama to meet

Israel will not restrict construction in east Jerusalem, Israel's prime minister said yesterday before leaving for Washington, despite a clear U.S. demand that building there must stop.

Benjamin Netanyahu's meeting with President Barack Obama tomorrow will be the first high-level meeting since the crisis erupted 10 days ago, when Israel embarrassed visiting Vice-President Joe Biden by announcing construction plans in a Jewish neighbourhood of east Jerusalem, claimed by the Palestinians.

"Building in Jerusalem is like building in Tel Aviv," Netanyahu told his Cabinet, saying there would be no restrictions. This tough stance on Jerusalem has run into stiff opposition in Washington, but there were signs that Israel was working to ease the crisis.

Cabinet ministers said that while there would be no formal freeze, construction in Jewish neighbourhoods in east Jerusalem

would be restricted, like Netanyahu's partial 10-month West Bank construction freeze. At stake are the first peace contacts between Israel and the Palestinian government in more than a year.

The Palestinians agreed to mediated talks, but the Jerusalem construction flap has given them second thoughts. Israel said it prefers direct negotiations, but would go along with the indirect format.

That such a meeting was scheduled — despite the original purpose of Netanyahu's trip being to address a convention of AIPAC, the pro-Israel lobby — indicates that the U.S. and Israel are ironing out their differences.

Officials say the diplomatic package Netanyahu is offering the U.S. to ease the bilateral crisis includes agreement to discuss all outstanding issues with Palestinians, such as Jerusalem's future, borders, Jewish settlements and Palestinian refugees.

THE ASSOCIATED PRESS

Bangkok Mass protests continue



Anti-government demonstrators gather during a rally yesterday, in Bangkok, Thailand. The roughly 100,000 participants consisted of supporters of former prime minister Thaksin Shinawatra, who was ousted by a 2006 military coup for alleged corruption, and pro-democracy activists who opposed the army takeover.

Korean loggers defect

The North Korean's note scrawled in pen was simple: "I want to go to South Korea. Why? To find freedom. Freedom of religion, freedom of life."

The ex-logger, on the run from North Korean authorities, handed the note over to a South Korean missionary in the Russian city of Vladivostok last week in hopes it would lead to political asylum.

Just before he was to meet with the International Organization for Migrants, a team of men grabbed him, slapped handcuffs on him and drove off, rights activists in Moscow said.

He was spirited away to the eastern port city of Nakhodka, where he is sure to be handed back over to North Korean officials and repatriated to his

communist homeland, activists said in Seoul.

Police in Vladivostok refused to comment. A senior South Korean diplomat in Vladivostok said he had no information. Officials from the U.S. consulate in Vladivostok could not be reached for comment.

The 51-year-old would be the third North Korean logger in Russia in a week to make a bid for asylum. Earlier in the month, two other North Koreans who had fled their jobs as loggers, managed to get into the South Korean consulate in Vladivostok.

The incidents focused attention on the precarious existence of tens of thousands of North Koreans sent by the impoverished regime to work in neighbouring Russia.

THE ASSOCIATED PRESS

News in brief

CALIFORNIA Police officers in Hemet — a retirement town in rural California — have been on edge since New Year's Eve. There have been several booby trap attempts to kill police. In one, a natural gas pipe was shoved through a hole drilled

into the roof of the gang enforcement unit's headquarters. In another, an explosive device was attached to an officer's unmarked car. Police are offering a \$200,000 reward in helping to solve the case.

THE ASSOCIATED PRESS

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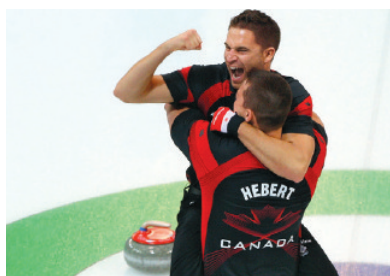
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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

Only cash can keep cyclists rolling

InTransit

Adrienne Beattie

metronews.ca/intransit



A commuter bike review has council's approval with a compre-

hensive bicycling strategy set to be presented to the land-use, transportation and planning committee by June. Another paper plan isn't going to address either inadequate cycling infrastructure or pathway safety concerns though.

The kind of paper we need comes in the form of cash. I think we have a pretty good idea of what we're

lacking and what we need to improve safety and increase commuter trips by bicycle — we just haven't backed up our knowledge with proper funding.

A 2006 Commuter Cyclist Survey aimed "to understand cyclists' needs in order to improve conditions for those already cycling and improve facilities so others would be tempted to

try cycling as a commuting option."

Well, the responses from almost 2,000 cyclists reaffirmed the same findings from a survey five years earlier.

So we've got the survey. We've also got a cycling plan that's been in place since 2008.

We need more bicycle stencils on roads, signage,

wide curb lanes, bicycle lanes, bicycle boulevards, traffic calming measures, bicycle storage facilities, driver and cyclist education, and traffic signals for cyclists ... to start.

We're not getting enough of these things because less than one per cent of our transportation budget is put towards cycling infrastructure, while other cities like

Minneapolis invest 14 per cent.

You get what you pay for and we've got inferior cycling infrastructure, and so only 0.0035 per cent of Calgarians cycle to work. More reports won't fix this problem — only money will.

Adrienne Beattie is a Calgary-born writer who has covered urban issues since 2001 and has an English degree from the University of Calgary.

Views

You never know what you've got till it's gone

HineSight

Anne Hines

metronews.ca/hinesight



Andres, Jim, Guiliano. Lately I've been seeing a lot of men. This can only mean one of two things — a) My 19-year-old daughter is home from university; b) I've entered the world of home renovations.

Yes, Liz and I are renovating. Every day our house is full of men. I never know when they'll show up. I nev-

er know what they'll want to do. It's like I'm running a brothel. Except that the length of time they spend is way longer and I have to pay them. So, really, it's like I'm running a bad brothel. I now understand "worker speak." For instance, "I don't know why the last guy did it like that" means, "Whatever happens isn't my fault ... but if it works out, I'm a hero."

And I participate hourly in conversations like:

Me: We'd like the dishwasher over there.

Contractor: Oh, it can't go there.

Me: But there's one there now.

Contractor: I don't know why the last guy did it like that.

So what's the one thing we can do when life hands us a frustrating situation? Whine to anyone who will listen, of course. But, also, try to pass on what you've learned. Here's my renovating wisdom.

Before you start any renovation, ask yourself: Am I really ready for this?

Answer: No. You're not. Wasn't that easy?

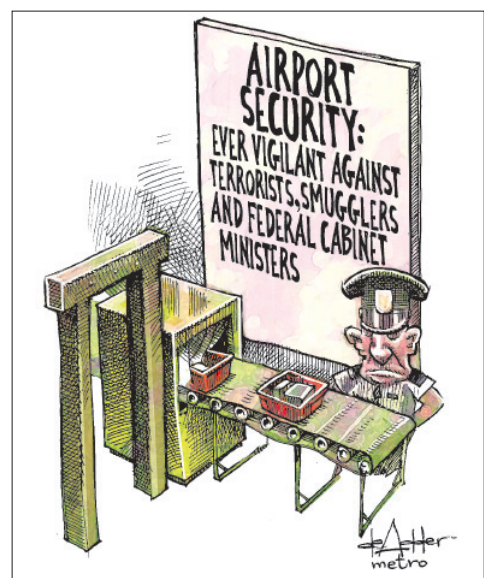
Post photos of fabulous buildings such as the Taj Mahal to serve as inspiration. Not because this is how your place will look, but to remind you of how

long it's likely going to take to complete.

Trust the adage, "You never know what you've got till it's gone." So far, for Liz and I, this has applied to running water and electricity.

Remember, renovations are like living. There's no such thing as a schedule. Kindness beats out yelling. And the point when everything is lying in a heap of rubble on the floor is also the point when rebuilding can begin. Whether it's a beautiful new kitchen, or a wonderful new life.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



Tell us your views by email to calgaryletters@metronews.ca or comment on metronews.ca or on Twitter @metrocalgary

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Barrick Gold expects \$834M from IPO of African division

Toronto-based Barrick Gold Corp. expects that an initial public offering for a quarter stake in its African properties will reap \$834 million US. **THE CANADIAN PRESS**

9

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Preparing for parity

Winnipeg firm reversed its export policies

Parity preparations that began at Craig McIntosh's small Manitoba plastics business a decade ago have positioned the company to gain from a soaring loonie because it now buys more from the U.S. than it sells there.

Acrylon Plastics Inc.'s preparations for parity included upgrading equipment to increase productivity, cutting costs, re-vamping its market focus and changing the way it managed finances.

Since 2003, CEO McIntosh has reversed an export-oriented business that shipped 70 per cent of its plastics to the U.S. and sold 30 per cent at home.

The rapid rise of the dollar to parity and beyond in



The loonie's rise in 2007 caught many businesses by surprise.

2007 caught many Canadian manufacturers off guard and forced some to close their doors.

Parity creates lucrative business opportunities for

competitive American companies to tap into the Canadian market, driving inefficient Canadian companies out.

THE CANADIAN PRESS

Greek debt shakes markets

MARKETS Stock markets were rattled last week by the ongoing Greek debt crisis and the threat it poses to European economic stability, a trend likely to continue this week as the country seeks to bail itself out.

The crisis was one of the main movers behind a tepid performance on the Toronto stock market last week as commodity prices were pushed lower by a rising American dollar.

Currency traders flew to the safety of the U.S. greenback late last week, worried that the Greek crisis would undermine the stability of Europe's monetary union and the euro itself — put-

65 The main TSX index lost more than 65 points last week, finishing at 11,947.98.

ting the brakes on the Canadian dollar's rise.

With few economic reports expected that could give North American markets any direction this week, there will be a keen focus on whether any solution is coming for Greece's troubles. The country's prime minister, George Papandreou, made it clear the country would seek help. **THE CANADIAN PRESS**

In brief

INSOLVENCY Nortel Networks Corp. says chief restructuring officer Pavi Binning will step down now that the sale of its optical networking and ethernet businesses is complete.

FEES TMX Group Inc. says it will reduce its trading fees for securities trading at \$1 or higher on the Toronto Stock Exchange and the TSX Venture Exchange.

THE CANADIAN PRESS

Toyota can add a lawsuit from furious shareholders to its problems.

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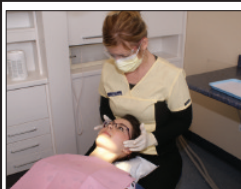
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Going Green



Organic Manifesto

The Organic Manifesto examines the unholy alliances that have formed between the chemical companies that produce fertilizer and genetically altered seeds and how the agricultural educational system that is virtually subsidized by those same companies. **METRO NEWS SERVICES**

EDITOR: BEN.RYCROFT@METRONEWS.CA

Counting down to Earth Hour

Tapping into old medical alternatives



This coming Saturday, from 8:30 to 9:30 p.m. local time, more than a billion people will be turning off their lights to help save the global environment.

Earth Hour — an annual awareness-raising event promoted in dozens of countries by the World Wildlife Fund — is becoming one of the biggest environmental movements in history, according to its Canadian project manager, the WWF's Tara Wood.

"What's really exciting about working on this project is that Canada usually comes out in the top three countries, worldwide," she enthuses. "For the past two years, more than half of all adult Canadians have participated in this event."

For 2010, more than 220 Canadian cities are actively promoting Earth Hour, encouraging citizens and local businesses to get involved.

Critics have charged the amount of energy saved in a single hour is negligible, and power use rises dramatically as soon as Earth Hour ends. Woods sees a larger purpose for this ever-expanding event.

"It's definitely not about the power we save in that hour," she says. "It's about making a strong, symbolic statement, and then taking that message to see what



More than 220 Canadian cities are participating in Earth Hour.

Earth Hour contest

- Submit an Earth Hour video or photo essay to wwf.ca, and you could win a trip to Churchill, Man., to see first-hand the effect of climate change. Contest closes Thursday.

each of us can do — every day — to help live lighter on the planet."

A lightbulb here, a parked car there, times a billion people. For Woods, this is an ongoing project, rather than a single event.

"I think, overall, we hear about doom-and-gloom environmental issues, and wonder how one person can make a difference?" says Woods. "I might drive a hybrid and have all ener-

gy-efficient appliances, and look out the window and see my neighbour driving to work in his Hummer. But that's where the beauty of Earth Hour comes in. It's very positive, celebratory and inclusive. It's all about people making it their own."

And while the event has grown exponentially since debuting in Sydney, Australia just three years ago, Woods looks forward to a time when Earth Hour won't be anything special at all.

"I think the best-case scenario is we get to a point where we don't need events like this because everybody is so tuned in to what we can do every day to live a little bit lighter on the planet. But until we reach that point, I think



Last year Calgary reduced its usage by 1 per cent.

it's important for people to celebrate events like Earth Hour, and encourage their

friends to adopt greener behavior and be role models in their own lives."

ROMINA MCGUINNESS
Metro World News

HEALTH Earth Hour is about more than shutting the power off — it is about raising awareness to alternatives that can make a difference in our lives.

Ethnobotanist Mark Plotkin tells Metro about his quest to tap into nature's gift of medicine and his work with the Amazonian tribe, the Shamans.

"The problem is that people have too many misconceptions when it comes to medicine and science. It's common for people to think that if you don't have a degree or a last name, then you know nothing about healing," explains Plotkin.

Plotkin believes there is a certain arrogance linked to western medicine practices and highlights its three interlinking fields as technology, chemistry and the invasive procedure of surgery. Ethnobotany, as practiced by the Shaman tribe is based on the chemistry of plants and insects and spiritual practices.

"According to the Indians, there is no such thing as an incurable disease. Yet, had you had asked a western doctor 100 years ago if tuberculosis was curable, his answer would have been no," he said.

"I injured my arm after playing racketball. I tried every cure possible from cortisone to ultra sound — nothing worked. I went to see a Shaman, he gave me a mixture of plants to drink and it was over. These guys are masters."

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Johnson comes back at Bristol

Jimmie Johnson has won for the first time at Bristol Motor Speedway by driving from sixth to first in just three laps.

He plowed through the field on a restart with 10 laps to go yesterday, giving him his third NASCAR victory this season and the 50th of his career. **THE ASSOCIATED PRESS**

Sports

**Nathan out for season**

Minnesota Twins closer Joe Nathan, left, will miss the entire 2010 season because of an elbow injury that will require surgery. Nathan, who leads the major leagues with 246 saves since 2004, made the decision after playing catch with Twins pitching coach Rick Anderson for 10 minutes yesterday.

THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONews.CA

Burned twice by former Flame

Calgary loses game, Langkow and chance to move into tie for eighth in the West

NHL RESULTS

Flames 3 Wild 4



Chuck Kobasew is finding his scoring touch — the

Minnesota Wild just hope it's not too late.

Kobasew scored a pair of goals in the Wild's 4-3 victory over the Calgary Flames last night to give him four in Minnesota's last four games.

The Flames missed an opportunity to pull even

with Detroit in the Western Conference standings at 83 points. Calgary also lost Daymond Langkow, their third-leading scorer, when he was hit in the back of the neck with a puck in the second period. Langkow left the ice on a stretcher, but the team later reported he had feeling in all his extremities.

Langkow's return to the team is unknown as he still has X-rays and tests to undergo.

Langkow assisted on Steve Staios's first-period power-play goal — the veteran's first goal since Jan.

16, 2009 at Colorado as a member of the Edmonton Oilers. But the Flames' lead was short-lived.

The Wild tied it 3-2 seconds later when Andrew Brunette snuck the puck through Vesa Toskala's pads, then took the lead with 42 seconds left in the

first on Guillaume Latendresse's team-leading 26th goal of the season.

Kobasew's goal at 3:05 of the second period made the score 3-1 and ended Toskala's day. He stopped nine of the 12 shots he faced.

THE ASSOCIATED PRESS

Tiger: 'It was all me'

GOLF Tiger Woods acknowledged "living a lie," saying he alone was responsible for the sex scandal that caused his downfall and that no one in his inner circle was aware of his misdeeds. "It was all me. I'm the one who did it. I'm the one who acted the way I acted. No one knew what was going on when it was going on," Woods told The Golf Channel in one of two interviews last night.

"I'm sure if more people would have known in my inner circle, they would have stopped it or tried to put a stop to it. But I kept it all to myself," he said.

"I've done some pretty bad things in my life," he told ESPN.

THE ASSOCIATED PRESS

Canada ends Paralympics with best-ever medal haul

VANCOUVER It was a golden finish to Canada's best Winter Paralympics ever.

Brian McKeever of Canmore, Alta., won his third gold medal on the last day of the Paralympics yesterday with a victory in the one-kilometre cross-country sprint for the visually impaired.

It was an emotional victory for the legally blind skier who came into the Paralympics frustrated at being denied the chance to race at the Olympics.

"We're very satisfied with how it went," said McKeever, who races with his brother Robin acting as guide. "It was nice to come back and erase the bad memories of this place and have a fun moment at the end."

McKeever's win upped Canada's gold medal count to 10. The previous high was the six won at the 2002 Salt Lake Games.

PARALYMPIC**2010 Games**

The overall medal count of 19 (10 gold, five silver and four bronze) is the country's best Winter Paralympic haul. Canada won 15 medals at a Paralympics twice, in 2002 and 1998.

Canada also achieved its goal of finishing in the top three countries in gold medals won. The International Paralympic Committee ranks its medal table according to gold medals.

Germany topped the standings with 13 gold among its 24 medals. The Russian Federation was next with 12 gold and 38 medals.

Skier Lauren Woolstencroft was chosen as Canada's flag-bearer at last night's closing ceremonies in Vancouver.

THE CANADIAN PRESS

SCOREBOARD**NHL****YESTERDAY'S RESULTS**

Minnesota 4 Calgary 3
Atlanta 3 Philadelphia 1
Boston 2 N.Y. Rangers 1
Buffalo 5 Carolina 3
Florida 5 Tampa Bay 2
Nashville 3 St. Louis 2
Phoenix 3 Dallas 2 (SO)
Edmonton 5 San Jose 1
Anaheim 5 Colorado 2

NCAA**MEN'S BASKETBALL**

West Virginia 68 Missouri 59
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Syracuse 87 Gonzaga 65
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Workology

McGill top Canadian university

McGill University has been named the top university in Canada in U.S. News & World Report's World's Best Universities rankings, published last month. McGill is also the top Canadian institution for life sciences and biomedicine. The University of Toronto is the highest-ranking Canadian university for arts and humanities, engineering and IT, and natural and physical sciences. The University of British Columbia places first among Canadian institutions for social sciences. **METRO NEWS SERVICES**

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

The one who suits up the Flames

OddJobs

Diane Peters

Metronews.ca/oddjobs



Like so many Canadian boys, Gus Thorson of Calgary grew up playing hockey.

He had no idea he'd make a career of it.

Thorson played goal and

quit the game at 17 — he's now 50 — since he simply wasn't that good.

But his friends were, and they played on the University of Calgary team while he was studying physical education there. The team needed some trainers — people to care for equipment, do first aid and help out in the locker room — and they encouraged Thorson to volunteer.

Two years later, the Calgary Canucks of the Alberta Junior League had issues

with one of their trainers while going into the play-offs and called on Thorson. He ended up staying for the entire next season too. And he realized he could do this for a living.

"The more I did it, the more I learned. The more I learned, the more I liked it. There's lots worse places you can spend your time than in a hockey rink."

After graduation, Thorson got a paid job in Victoria, then Moose Jaw. Back in Calgary, he began splitting

his time between working with Canada's national hockey team and working in a sporting goods store where he became an equipment care and repair expert (his boss was a former shoe-maker). After five years, he got hired as the full-time equipment manager for the national team.

In 1999, the Calgary Flames called, and he's been there ever since.

Thorson works with four other trainers: They're all in by around 7 a.m. most

mornings. If the players are to skate at 10:30 a.m., that gives them time to stock the bench with socks, jerseys, pads, tape and water bottles. Then there are skates to sharpen, sticks to organize and last-minute repairs to do. On game days, the locker room must be stocked by 4:30 p.m. Before a road trip, there's packing.

And while his wife and kids get to see the Flames whenever they like, they don't see much of him until summer.

The Lowdown

Job Title: Equipment manager

Salary: \$70,000 to \$150,000

Education/training:

Knowledge of first aid, but mostly learned on the job

Best Part of the Job: "I meet so many good people."

Worst Part of the Job: "Being away from my wife and kids."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Beauty, a boom career?

KEITH CARMAN
for Metro Canada



Many of us might not have considered it but according to recent statistics, hairdressing and cosmetology are increasingly becoming some of the most reliable, enjoyable and advantageous international careers over the coming decades.

"Beauty is global," declares Brad Masterson, vice-president of Y Public Relations on behalf of the Professional Beauty Association (PBA). "There are stylists that travel the world for many reasons such as education for manufacturers as well as those that do editorial work on photo shoots and movies."

Surprised? So are we. However, as Masterson emphatically illustrates, personal beauty care is a field in constant demand and that yields broad opportunity. From interesting and helpful contacts to a pricing structure ranging between tens to thousands of dollars per sitting depending on clientele, there is little stagnancy in this calling.

Moreover, some see beauty programs as the next financial boom. In its latest press release, the PBA points out that during the recent economic downturn, according to the U.S. Bureau of Labor Statistics, the private sector slashed jobs at 4.4 per cent while employment-based beauty spas added 0.2 per cent. The salon industry effectively outperformed the national economy and is expected to grow by 31 per cent over the next decade.

"Beauty, specifically hair, is one service that people need to have taken care of, regardless of the state of the economy," states Masterson about the field's resistance to recession. "Many women in par-

Options abound

- Many paths are available in hairdressing and cosmetology such as freelance work, dedicated employment with a particular spa/agency, working for photo shoots, film, television or even teaching.

- Furthermore, with benefits such as flexibility and optioning various degrees of entrepreneurship, many young adults are increasingly leaning toward the field without sacrificing a solid pay cheque.

- Masterson says those who shun seeing their children dedicate their future to the world of beauty might want to reconsider. Aside from the pride of "making people look and feel great on a daily basis," it can be an incredibly interesting, portable and — most importantly — lucrative career.

- "People have had the belief in many ways that hairstylists don't make a lot of money. That may be the case for some (but) many actually earn great livings and can make \$37,000 to \$63,000 a year if not more. Additionally, there are many opportunities beyond working 'behind the chair' that most people never realize, which can lead to bigger salaries, travel, et cetera."

—KEITH CARMAN

ticular will forego other beauty treatments in order to make sure they can get their hair done. It's the last thing they want to give up. In addition, as people have had to transition into looking for work, they want to freshen up and maintain their appearance to make the best impression possible."

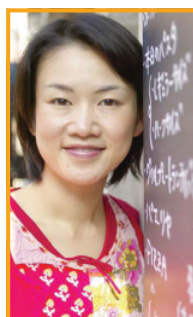
Before dreams of James Bond-ish jet-setting sweep you away though, understand that as with other professions, there are levels of training and expertise to be attained. Provinces list different graduating requirements for official designations



Taking care of your hair, according to one expert, is something that people will always do, regardless of the economy.

and fees can range from \$700 one-off classes to \$15,000 for full programs. Moreover, many salons require post-education internships to glean facility techniques and specialties.

With diploma and scissors in hand though, the world could be a beautician's proverbial oyster.



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Heidi Montag — who famously underwent 10 plastic surgery procedures in one day — won't be going under the knife anytime soon. She wants bigger breasts, but on The Tonight Show With Jay Leno said: "I legally can't right now. The limit is 800cc and I have 700cc." **USMAGAZINE.COM**

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

Return of Rosie

Rosie O'Donnell is planning to develop a new talk show, according to the Hollywood Reporter. She is targeting fall 2011 for the debut — around the same time that Oprah Winfrey will take her final bow. **PEOPLE.COM**

Music videos reborn online

MuchMusic and MTV may have given up on the music video, making it an endangered species on television, but if Lady Gaga's new video is an accurate barometer of audience interest, the art form is here to stay, albeit on a new platform.

And the artists who never lost faith in the music video couldn't be happier.

Telephone, featuring Beyoncé, hit the Internet with a deafening blast of buzz and surges of traffic last Thursday and quickly amassed millions of views.

The clearly expensive nine-and-a-half minute video is reminiscent of Michael Jackson's Thriller in its epic scale and its slick

production values and pops of eye candy have been compared to Quentin Tarantino's handiwork.

About a week later, the video has now been viewed well over 20 million times at YouTube and the music video website Vevo.

"A lot of people conflate the fact that videos disappeared from television as a fact that the audience didn't want them — and

that's not the case," said Rio Caraeff, president of Vevo, which launched in December and is

owned by Sony Music Entertainment, Universal Music Group and Abu Dhabi Media Company.

"The broadcasters on television made a decision to move away from videos because they wanted to get people to watch TV for longer periods of time, for their own business model.

"The appetite for the videos didn't go away, it's just been channelled to the web where people can watch whatever they want on demand."

Music videos are actually among the most

viewed of all online videos, and according to traffic measurement firm Visible Measures, they're indisputably No. 1 when you factor in their influence.

The company's "true reach" stat counts a video's views on different sites across the web and also accounts for the hits generated by user-created fan videos, whether they be tributes or spoofs, said spokesman Matthew Fiorentino.

When factoring in fan engagement, the most viewed and most influential online video in the history of the Internet is surprising — it's the music video Crank That by Soulja Boy.

The song was a No. 1 hit on Billboard for several weeks in 2007 and inspired a dance craze but a relative few would peg it as the biggest video ever to go online.

"The brilliant thing about the video is there's a dance in the video and it takes you through how to actually do the dance," said Fiorentino.

"What we found is videos — and not just for music videos, for ads and other types of content as

"A lot of people conflate the fact that videos disappeared from television as a fact that the audience didn't want them — and that's not the case." Rio Caraeff

well — when they directly interact with audiences and put a challenge out there to get them to upload their own content or comment on it, it just keeps the activity going.

"The song is catchy but then there's also this interactive aspect to it that helps."

Of the Top 10 most-viewed online videos ever — as compiled by Visible Measures — six are music videos, including Beyoncé's Single Ladies at No. 2, Michael Jackson's Thriller at No. 3, Mariah Carey's Touch My Body at No. 6, Apologize by Timbaland featuring One Republic at No. 8, and Lady Gaga's Poker Face at No. 9.

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Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres, according to Hollywood.com:

- 1 Alice in Wonderland:**
\$34.5 million US
- 2 Diary of a Wimpy Kid:**
\$21.8 million
- 3 The Bounty Hunter:**
\$21 million
- 4 Repo Men:**
\$6.8 million
- 5 She's Out of My League:**
\$6 million
- 6 Green Zone:**
\$5.96 million
- 7 Shutter Island:**
\$4.8 million
- 8 Avatar:**
\$4 million
- 9 Our Family Wedding:**
\$3.8 million
- 10 Remember Me:**
\$3.3 million



Johnny Depp stars in *Alice in Wonderland*.

Smith's estate loses fight over inheritance

A federal appeals court ruled Friday that Anna Nicole Smith's estate will get none of the more than US\$300 million the late Playboy model claimed a Texas billionaire meant to leave her after he died.

The ruling came in a 15-year legal battle that started in a sleepy Houston probate court and stretched all the way to the U.S. Supreme Court.

It initially pitted Smith against the son of J. Howard Marshall over the \$1.6 billion estate the oil tycoon left after his 1995 death at age 90. J. Howard Marshall had wed Smith the year before when she was 26.

Marshall's son E. Pierce Marshall died in 2006 and Smith perished after a drug overdose in 2008. Their heirs and lawyers kept up the legal fight that included one ruling awarding Smith \$474 million.

Kent Richland, who represents the Smith estate, said he would appeal the latest ruling but hasn't decided whether to ask the appeals court for another



Anna Nicole Smith's heirs have lost a recent court ruling in the 15-year battle over the \$1.6 billion estate of oil tycoon J. Howard Marshall, who married when Smith was 89 and she 26.

hearing or take the case back the U.S. Supreme Court regarding different issues.

Eric Brunstad, a lawyer for Marshall family members, said they hoped the le-

gal fight was over. "Our only wish would be that Pierce were here to see his vindication," the family said in a prepared statement.

THE ASSOCIATED PRESS

| CA | Vu | SC | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 |
|---------------|-----|-----|----------|---|--|---|---|---|---|---|-----------------|
| 3/22/10 | 267 | 351 | - ACCESS | Alberta Primetime (Live) | (8:02) Castle (N) | Dancing With the Stars The contestants perform. | Hiccups (N) | Dan for Mayor | TwoHalf Men | Big Bang | Primetime |
| | 243 | 317 | 3 CFCN | etalk | Access H. | CSI: Miami "Dishonor" | Omni News: Cantonese Edition | Omni News: Cantonese Edition | TwoHalf Men | TwoHalf Men | CTV News |
| | - | - | 4 OMNI | King/Queens | The Simpsons | Entertainment | The Insider (N) | The Cult | CBC News: The National | The Hour | Metropia |
| | - | 371 | 5 KXLY | 4 News at 6 | 4 News at 6:30 | Jeopardy! (N) | 18 to Life (N) | Little Mosque | House "Instant Karma" | 24 (HDTV PA) (N) | News Hour |
| | 245 | 306 | 6 CBRT | Wheel Fortune | Jeopardy! (N) | Cold Blood (N) | Chuck (HDTV) (N) | How I Met | How I Met | Trauma "13" (HDTV) (N) | EP Daily |
| | 244 | 338 | 7 CICT | ET Canada | Entertainment | Chuck (HDTV) (N) | How I Met | How I Met | Le Téléjournal Nouvelles (SC) | TJ Alberta | |
| | 246 | - | 8 CKAL | Law and Order | Virginie (SC) | Les Parent (N) | L'Auberge du chien noir (SC) | Les Boys (SC) | C.A. (N) (SC) | Local Programming | |
| | 119 | 705 | 9 CBFT | Virginie (SC) | Les Parent (N) | L'Auberge du chien noir (SC) | Les Boys (SC) | C.A. (N) (SC) | Local Programming | | |
| | - | - | 10 SHAW | News | Access H. | The Doctors | How I Met | Engagement | TwoHalf Men | Big Bang | CSI: Miami (N) |
| | - | 372 | 12 KREM | News | Access H. | The Doctors | How I Met | Engagement | TwoHalf Men | Big Bang | CSI: Miami (N) |
| prime time | - | 374 | 14 KSPS | PBS NewsHour (N) | 'Allo, 'Allo! | Steves Europe | Antiques Roadshow | American Experience (HDTV) | American Experience (HDTV) | Amer. Masters | |
| | 502 | 390 | 15 CBC | CBC News: The National | Future Earth: 2025 | Future Earth: 2025 | CBC News: The National | CBC News: The National | CBC News: The National | Future Earth | |
| | - | 370 | 16 KHO | News (N) | Millionaire | Jeopardy! (N) | Chuck (HDTV) (N) | Chuck (HDTV) (N) | 24 (HDTV PA) (N) | News | |
| | - | 373 | 22 KAYU | The Office | Raymond | TwoHalf Men | TwoHalf Men | House "Instant Karma" | 24 (HDTV PA) (N) | News | |
| | 297 | 652 | 37 WPIX | Gossip Girl (HDTV) (N) | PIX News at Ten Tong. | Anderson Cooper 360 (HDTV) | Showbiz Tonight | The Joy Behar Show | The Joy Behar Show | Nancy Grace | |
| | 500 | 500 | 29 CNN | Larry King Live (N) | Nancy Grace | Showbiz Tonight | The Joy Behar Show | The Joy Behar Show | The Joy Behar Show | Nancy Grace | |
| | 508 | 502 | 31 CNN2 | The Joy Behar Show | Nancy Grace | Showbiz Tonight | The Joy Behar Show | The Joy Behar Show | The Joy Behar Show | Nancy Grace | |
| | 400 | 400 | 21 TSN | NHL Hockey | Curling 2010 World Women's Championship: Canada vs. China. From Swift Current, Sask. | Sportsnet Connected (N) | Hockey Central | MMA Conn | Sportsnet Connected (N) | MMA Conn | |
| | 408 | 418 | 27 net | Air Racing | Sportsnet Connected (N) | Hockey Central | MMA Conn | Sportsnet Connected (N) | MMA Conn | | |
| | 410 | 403 | 30 SCORE | (7:15) WWE Monday Night RAW With Michael Cole and Jerry Lawler. | WWE Vintage Collection | WWE Vintage Collection | WWE Vintage Collection | WWE Vintage Collection | WWE Vintage Collection | WWE Vintage Collection | |
| sports | 411 | 457 | 44 OLN | Oper. Repo | Oper. Repo | Ghost Hunters International | Destination Truth | Oper. Repo | Oper. Repo | Ghost Hunters | |
| | 417 | 406 | 48 SPEED | Racing Chef | NASCAR | What's Deal? | Car Crazy | NASCAR Hub | Fast Track to Fame (HDTV) | Racing Chef | |
| | 552 | 543 | 20 YTV | iCarly | To Be Indie | Scorpion | Malcolm-Mid. | Hates Chris | 8 Simple Rules | Things I Hate | Family Biz |
| | 557 | 541 | 39 FAM | Han, Montana | Wizards-Place | Sonny Chance | Suite Life | Overruled! | Han, Montana | Latest Buzz | Ned's School |
| | 555 | 545 | 67 TOON | Jimmy Two | Johnny Test | Johnny Test | Total Drama | Total Drama | 6TEEN | Futurama | American Dad |
| | 575 | 583 | 11 CMT | According-Jim | Moonstruck *** (1987, Romance-Comedy) Cher, Nicolas Cage. | Moonstruck *** (1987, Romance-Comedy) Cher, Nicolas Cage. | Moonstruck *** (1987, Romance-Comedy) Cher, Nicolas Cage. | Moonstruck *** (1987, Romance-Comedy) Cher, Nicolas Cage. | Moonstruck *** (1987, Romance-Comedy) Cher, Nicolas Cage. | Moonstruck *** (1987, Romance-Comedy) Cher, Nicolas Cage. | |
| | 553 | 546 | 17 TREE | Franklin | Bucket-Dinos | Little Bear | Toopy & Binoo | Max & Ruby | Dragon (DVS) | Backyardigans | Ni Hao, Kai-lan |
| | 505 | 398 | 19 TWN | EarthWatch One | EarthWatch One | Supernanny | How Clean Is | Clean | Love It or List It | Love It-List It | |
| | 602 | 568 | 23 W | House-Sell | House-Sell | Supernanny | How Clean Is | Clean | Love It or List It | Love It-List It | |
| | 521 | 560 | 24 TLC | Ultimate Cake Off (N) | Cake Boss | Cake Boss | Ultimate Cake Off | Ultimate Cake Off | Ultimate Cake Off | Cake Boss | |
| family | 603 | 561 | 25 FOOD | Kitchen Nightmares | Pitchin' In | Glutton | Restaurant Makeover | Market Call Tonight | Diner, Drive-In | Unwrapped | Nightmares |
| | 615 | 520 | 26 A&E | Hoarders "Judi and Gail" | Hoarders (HDTV) | Relic Hunter | Kirstie Alley | Kirstie Alley | (10:01) Hoarders | Bones | |
| | 617 | 522 | 32 SHOW | Trailer Park | Trailer Park | Relic Hunter | Kirstie Alley | Kirstie Alley | (10:01) Hoarders | Bones | |
| | 601 | 562 | 33 SLICE | Trading Spouses | Love Inc. | Love Inc. | ET Canada | Whatever | Real Housewives of New York | Housewives | |
| | - | 633 | 34 ENC2 | Collectibles | Dance Me Outside *** (1994, Drama) | Motor City Motors (N) | Daily Planet | Law & Order "Barter" | Without a Trace | John Oliver | |
| | 520 | 505 | 35 DISC | Dirty Jobs (N) | Motor City Motors (N) | Daily Planet | Law & Order "Barter" | Without a Trace | John Oliver | | |
| | 620 | 523 | 36 BRAVO | Johnny Cash Live in Montreux | Johnny Cash Live in Montreux | Johnny Cash Live in Montreux | Johnny Cash Live in Montreux | Johnny Cash Live in Montreux | Johnny Cash Live in Montreux | Johnny Cash Live in Montreux | |
| | 294 | 650 | 40 WPCB | Monica: Still | Monica: Still | Seinfeld | Name Is Earl | Law & Order: Special Victims | Paycheck ** (2003, Science Fiction) | The Simpsons | South Park |
| | 626 | 547 | 41 CCM | Just for Laughs | Just for Laughs | Air Force | 22 Minutes | Corner Gas | Name Is Earl | The Simpsons | South Park |
| | - | 539 | 42 TCM | (6) The Big Sleep (1946) | The Maltese Falcon *** (1941, Crime Drama) (DVS) | The Maltese Falcon *** (1941, Crime Drama) (DVS) | The Maltese Falcon *** (1941, Crime Drama) (DVS) | The Maltese Falcon *** (1941, Crime Drama) (DVS) | The Maltese Falcon *** (1941, Crime Drama) (DVS) | The Maltese Falcon *** (1941, Crime Drama) (DVS) | |
| cable variety | 628 | 584 | 43 SPIKE | TNA Wrestling (HDTV) (Live) | World's Fastest Police Chases | Greatest Tank Battles | Stormworld | Stargate SG-1 | Star Trek: Next Generation | CSI: Crime Scn | |
| | 522 | 516 | 45 HIST | The True Story of Black Hawk Down | Battlestar Galactica "Razor" | Lara Croft Tomb Raider: The Cradle of Life | (8:45) Enter the Dragon *** (1973, Adventure) Bruce Lee, Jim Kelly. | Kelly's Heroes | Parking Wars | For Rent | |
| | 627 | 528 | 46 SPACE | Lara Croft Tomb Raider: The Cradle of Life | (8:45) Enter the Dragon *** (1973, Adventure) Bruce Lee, Jim Kelly. | Kelly's Heroes | Parking Wars | For Rent | | | |
| | - | 47 | AMC | Carlawood | Prod. Parker | Re-Vamped | Wipeout (N) | Wipeout (N) | Bang, Buck | CTV News | |
| | 619 | 525 | 49 TROP | Carlawood | Prod. Parker | Re-Vamped | Wipeout (N) | Wipeout (N) | Bang, Buck | CTV News | |
| | 600 | 564 | 50 HGTV | Home to Flip | Marriage | House Hunters | House Hunters | House Hunters | House Hunters | House Hunters | |
| | 501 | 391 | 52 CTV | CTV News Tonight | CTV News | CTV News | CTV News | CTV News | CTV News | CTV News | |
| | 504 | 508 | 70 BNN | Squeeze Play | Squeeze Play | Berman's Call | Berman's Call | Berman's Call | Berman's Call | Berman's Call | |
| | 526 | 507 | 92 VIVA | The Closer (Part 1 of 2) | Cold Case | Mediums | Ghostly Enc. | Judging Amy | Missing | Missing | |
| | 269 | 350 | 93 APTN | Metcom | La Voix Mechif | New Canoe | Storytellers | Distant Drumming: A North of 60 Mystery (2005, Mystery) | Cashing In (N) | Cashing In (N) | |
| cable variety | - | 94 | MCP | World News | News | My Queen | Immortal Yi, So | Lying Low | Simply the | Pinoy Buzz | |
| | 571 | 581 | 100 MCM | mmtp10.ca | Behind the Music T.I. | G. Simmons | Wild 'n Out | Simply the | Pinoy Buzz | Simply the | |
| | 570 | 580 | 101 MM | Degrassi: TNG | Degrassi: TNG | Springbreak.10 Wild in Cancun. | UR11 | Secret Life of American Teen | America's Best | America's Best | |
| | 581 | 566 | 102 MTV | Spring Break Challenges | My Life as Liz | Super Sweet | MTV Live | Sex, News-Roll | Spring Break Challenges | My Life as Liz | |
| | - | 116 | TV5 | Les Secrets du Parthénon | Voyageur | Urbania | TV5 Le Journal | A Table | Rélais | Les Fantômes de Chuuk | |



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Are humans naughty by nature?

Canadian author explores how porn, war and fast food have advanced technology

BRIAN TOWIE
Metro Canada



Him Peter Nowak. Him write book. You read after smite enemy, eat meat and make sex.

The CBC News Online senior science and technology reporter's book *Sex, Bombs and Burgers: How War, Porn and Fast Food Created Technology As We Know It*, is a decidedly more erudite tome than any caveman could express, but the argument is as primal as it is compelling.

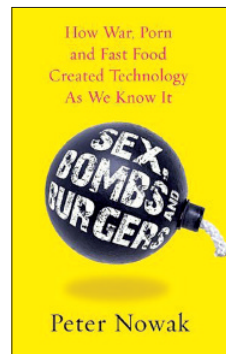
Humanity makes the most advances when it engages the basest of instincts — fighting, having sex and

major technological breakthroughs over the past 60 years have been achieved through the billion-dollar military, pornographic and fast food industries.

Nowak's epiphany for the book came from an unlikely source, namely the Paris Hilton sex clip making its rounds online some six years ago.

While other viewers watched the video for its high drama and thrilling climax, Nowak paid attention to the footage characteristics — filmed with the same green-hued night-vision technology used during Operation Desert Storm.

"I remember looking at that thinking, 'Where have



Peter Nowak, left, is the author of new book *Sex, Bombs and Burgers*.



tlefield, then perfected by the porn industry with the dissemination of online videos and promotions.

Spam (the food product), along with flash-frozen potatoes (the kind you might find in instant mash mixes or French fries at fast food outlets) were ideal foods for war efforts, as they were cheap, traveled well and didn't spoil easily. Such foods, though not the healthiest, revolutionized processing techniques that we still use today.

We're also building better robots through our lechery, Nowak argues. The porn industry, more eager to embrace new, untried means of entertainment than Hollywood, is at the forefront of technology.

rooted in military application.

A component of the earliest microwave was first used in the creation of a nation-wide radar system that defended Britain against German air attacks in the Second World War.

What we now know as the Internet can trace part of its origins as a means of quick, easy communication for soldiers in the bat-

"And it occurred to me that it was when the U.S. tried to liberate Kuwait from Iraq, watching missiles getting fired off in night vision. And it sort of crystallized for me there, that this was a pretty good link from military to con-

sumer technology. And then I started looking into other things. Military technology comes up with something, and a few years later, we're all using it."

Look no further than items you use everyday for more examples of gadgets



finding easier ways to eat. Nowak documents how ma-

I seen this before?" says Nowak.

Weighing in on conspiracy theories

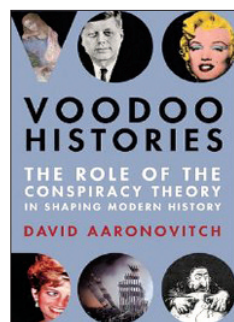
DOROTHY ROBINSON
Metro World News



Pearl Harbor. 9/11. The assassination of John F. Kennedy. Many people don't believe what's recounted in the history books. In *Voodoo Histories*, British author David Aaronovitch takes on those conspiracy theorists.

Q Who do you think are more into conspiracy theories, Americans or the British?

A I would have said the Americans, particularly in the way their politics are so polarizing. But then along comes the Diana "murder," and we



quickly lose our smugness.

Q Why do smart people believe things that are so far-fetched?

A The thing about conspiracy theories is they are more sat-

The simple truth

• Next time a conspiracy theorist tries to sell you on something that isn't true, Aaronovitch says to repeat the philosophical principle of Occam's razor. "It's as simple as this: If you have two explanations, one simple and one complex, the one that is simple is most always true."

isfying than real life. They take all of the messiness and accident and coincidence out and replace it with something planned. So even if it's bad, it's still more reassuring that someone has planned something rather than it being so messy and awful.

Is the clock ticking on 22 Minutes?

The CBC sketch comedy series concludes its 17th season tomorrow night at 8:30 p.m. on CBC.

A dip in the ratings earlier this season had what used to be called *This Hour Has 22 Minutes* in "on the



bubble" territory for renewal. The season before had been a strong ratings winner, thanks in no small

22 Minutes' team

- Mark Farrell leads a team of six full-time writers into each week's broadcast.
- They sift through 70 to 80 jokes before selecting the funniest dozen or so to include in the show.
- Recent sketches — including

Mark Critch taking dead aim at Jay Leno, Gavin Crawford as afro-haired artist Rob Boberston, and Geri Hall as hysterical cabinet minister Helena Guergis — have re-energized the end-of-season shows.

THE CANADIAN PRESS

part to all the comedy opportunities presented by the U.S. and Canadian elections.

Some key defections at the start of this season — especially executive producer and show runner Mark Farrell, who left to launch how own series, CTV's *Dan For Mayor* — contributed to a slow start for the sketch comedy series. Moving the studio-au-

dience taping to a Friday night — four nights removed from the air date — also hurt the show's reaction time, making it tougher to compete against the instant edge of shows like *The Daily Show*.

With Farrell back in charge the last few weeks (after wrapping production on *Dan For Mayor*), focus and ratings have improved. **THE CANADIAN PRESS**

Murdoch Mysteries keeps up with shows created on the shores of Sherlock's home

It seems the Brits are smitten with the Canadian super sleuth in *Murdoch Mysteries*.

The show airs on UKTV's Alibi channel and the station's online fan forum is packed with kudos for the Gemini Award-winning detective series that's set in 19th century Toronto.

And star Yannick Bisson says a group of fans followed the cast around when they recently filmed in Bristol, England for the first time.

They were very protective and made sure everyone felt welcome, he said.

"It was like it was their show and we're their peo-

ple," Bisson said with a laugh in a recent interview.

"And these people are very picky about their murder mysteries and they're very picky about

their Victorian-era shows. And you know, they wrote the style, and for them to like it is a huge honour."

Murdoch Mysteries is based on the novels of Toronto writer Mau-

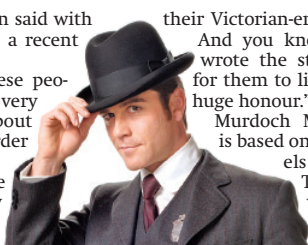
reen Jennings and airs Sundays on Citytv in Canada. Bisson stars as William Murdoch, a dashing detective who employs forensic techniques that were radical in the late 1800s, like fingerprinting and trace evidence.

Murdoch Mysteries has been airing since 2008 and

Bisson said he doesn't take a day for granted.

"There are so many events and things that conspire against the success of a show that you just never really know — whether it's a strike or global economic crises," said the Montreal native.

THE CANADIAN PRESS



Octohomeless?

Nadya Suleman may be the latest victim of foreclosure. According to TMZ, the infamous Octomom is now at risk of being thrown out of her Southern California home after falling behind on her mortgage payments — a \$450,000 US balloon payment was due this month. POPEATER.COM

entertainment **17**

A family who works together

Tweets save lives

Will and Jada Pinkett Smith's family is getting crowded with action heroes now that their 12-year-old son, Jaden, is beating up on bad guys.

Jaden Smith stars in the title role of *The Karate Kid*, a remake of the 1984 hit in which he plays an American youth in China who gets a crash course in martial arts from a maintenance man (Jackie Chan) so he can defend himself against a band of bullies.

The movie, due in theatres June 11, screened Wednesday for theatre owners attending their annual ShoWest convention, where Smith received an award as breakthrough male star of the year.

"I'm very excited about getting awards already," Smith said in an interview. "It's crazy."

Smith said his father, whose action flicks include *Hancock*, *I Am Legend*, and *Independence Day*, was a fan of the original *Karate Kid* and thought Jaden, who already had studied karate, would be the right guy for the role.

"My dad had the idea of



Actor Jaden Smith, winner of the ShoWest 2010 Breakthrough Male Star of the Year award for his work in *The Karate Kid*, poses for photographers in Las Vegas on Wednesday, March 17, 2010.

remaking it," Jaden Smith said. "He's the one who was like, 'We need to make this movie.'"

Will and Jada Pinkett Smith were producers on *The Karate Kid*, along with Jerry Weintraub, who produced the original and its sequels.

"It's very scary when you go back and fiddle around with a classic," Will Smith

told the ShoWest audience before the screening.

The quiet, reclusive Mr. Han (Chan) saves Dre from a beating at the hands of a gang of young kung fu hotshots. Han turns out to be a kung fu wizard himself and agrees to train the boy for a tournament showdown with his tormentors.

A more appropriate title would be *The Kung Fu Kid*.

Jaden Smith said the filmmakers kept the original title out of respect for their source material and because *The Karate Kid* has such name recognition among audiences.

What kung fu advice did martial-arts master Chan have for his young co-star? "Stay fast," Smith said. "And stay focused."

THE ASSOCIATED PRESS

INTERNET HEROES Actresses Demi Moore and Canadian Nia Vardalos were linked to an online chain of Twitter posts that ultimately led to Florida authorities intervening Friday when an 18-year-old man threatened to commit suicide.

Moore's Twitter account, @mrskutcher, was among those responding to a message from a young man threatening to hang himself in his front yard in Casselberry, north of Orlando.

Vardalos's account included a message that she had called a suicide hotline and been connected to Florida police. "I gave his name+city. They went to home, helped him," one message read.

The Seminole County Sheriff's Office said authorities received two calls around 2:30 a.m., one from California and one from Vancouver. Both callers reported the suicide threat on Twitter. There was no record

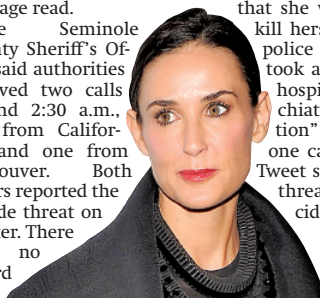
of the callers' names, Lt. Sonia Pisano said.

Deputies went to a home and took the man to a hospital, Pisano said.

The teen's mother told the deputy responding that her son "was very emotional and diagnosed with obsessive compulsive disorder," according to a report released Friday by the sheriff's office. Her son was sitting at his computer desk crying when he told the officer he "did not know what to do with himself without help" and admitted to posting the Tweet.

Moore's Twitter account was involved in a similar case last April, when a California woman messaged that she was going to kill herself. San Jose police said they took a woman to a hospital for "psychiatric evaluation" after someone called about a Tweet sent to Moore threatening suicide.

THE ASSOCIATED PRESS



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Star Jones underwent cardiac surgery Wednesday, which was related to a rarely-performed surgery she had three decades ago after developing a thoracic tumour, people.com reports. **METRO WORLD NEWS**

Celebrity Buzz

Proof is in the pudding

OR, IN THIS CASE, THE LEVELS OF PROPOFOL IN HIS BLOOD Dr. Conrad Murray failed to tell paramedics he had given Michael Jackson Propofol, femalefirst.co.uk is alleging.

Documents from the official ambulance report, which was filled out by medics on the June 25 last year — the day the pop star died from cardiac arrest, caused by “acute Propofol intoxication” — have been released, and state that Jackson’s

personal physician didn’t mention he administered the anaesthetic shortly before his passing.

A family friend told the News of the World newspaper: “This is the clearest suggestion yet that Murray misled the paramedics.”

“Why didn’t he tell them about the Propofol? We are sick at what this report indicates.”

Murray was charged with involuntary manslaughter over the late singer’s death last year.

He has pleaded not guilty.

The notes written by the paramedics state they quizzed Murray about what medications Jackson was on.

However, Murray told them the late King of Pop had only taken the sedative Lorazepam and fluids to rehydrate him after he complained of being exhausted following a sleepless night.

METRO NEWS SERVICES

Going gaga in court

AND COO-COO OVER CONTRACTS Lady Gaga is responding to a \$30 million US lawsuit from ex-producer Rob Fusari with a suit of her own, according to the New York Daily News.

Fusari claims he came up with the singer’s name and persona and co-wrote many of her hit songs.

Gaga’s lawyers

counter that the contract between them was invalid because Fusari was not a licensed talent agent, and they say his actions were “predatory and financially abusive.”

Fusari’s lawyer calls the new suit ludicrous.

“Rob was no more of an ‘agent’ for her than she is a Roman Catholic nun,” he tells the newspaper.

METRO WORLD NEWS

Lohan locked out?

THE HIGHER THEY COME, THE HARDER THEY FALL Lindsay Lohan’s efforts for a BBC documentary may end up getting her banned from India, according to the Daily Mail. By Tweeting about her work on the production, she alerted Indian officials to the fact that she was working in the country while there on a tourist visa.

Sources say she could be barred from entering the country in the future, according to the newspaper.

She’s also been having trouble entering L.A. nightclubs; Lohan was left waiting outside new hotspot Trousdale recently, which prompted her to post on

Twitter: “I’ve never been treated so poorly in my life.”

METRO WORLD NEWS

Another name, another pill

RAMPANT PLASTIC SURGERIES, WEIGHT-GAIN OBSESSIONS, PREVALENT PILL POPPING ... LIVING IN L.A. — IT’S WHAT EVERY LITTLE GIRL DREAMS OF More details are coming to light about the extent of Brittany Murphy’s prescription drug intake.

Murphy was receiving 200 pills a month from a Los Angeles pharmacy, including prescriptions for painkiller Vicodin and anti-anxi-

ety drug Klonopin, according to TMZ.

Some months, twice that amount would be delivered to Murphy, who had the medication prescribed to an alias, “Lola Manilow Murphy.”

The owner of the pharmacy claims they cut Murphy off four months before her death because “we thought there was going to be an accident there,” according to the website.

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

CONAN O'BRIEN celebrates small victories, **JUSTIN BIEBER** isn't giving up that easily, **TYRA BANKS** is tired, and **NATHAN FILLION** is offering himself as an alternative.

@ConanOBrien Sweet victory! I'm now trending higher than my twitter nemesis, Justin Bieber. Who's the tween heartthrob now?

@justinbieber @conanobrien ur chess moves r savvy...but in the end I will take your queen...it's begun my friend...oh it has begun (evil laugh place here) @tyrabanks

My butt was awake til past 4am last night and now I can hardly keep my eyes open. Smizing is nearly impossible right now.

@NathanFillion Dear Sandra Bullock, I am currently single, and terribly loyal. When you're ready, Nathan happens place.

METRO NEWS SERVICES



It's not me, it's you

THE INDUSTRY HAS UNREALISTIC EXPECTATIONS? YOU DON'T SAY Kirstie Alley remembers auditioning for Fatal Attraction and being told she was overweight,

according to Popeater. “When I went in to meet with Adrian Lyne, I weighed about 125. He told me to go home, lose at least 10 pounds and he wanted to see me in two weeks. I got down to 114,” she says, though she still didn’t get the role.

“The industry is psychotic.”

METRO WORLD NEWS



YOU COULD WIN

PASSES TO THE ADVANCE SCREENING OF A SHINE OF RAINBOWS!

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Love has many colours

IN THEATRES APRIL 9

Visit clubmetro.com and enter for your chance to WIN!

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club metro

Jesse James the Outlaw

OK, NOT REALLY, BUT HE DID STEAL SANDRA'S HEART AND THEN BREAK IT INTO TINY LITTLE PIECES Jesse James released a statement late last week apologizing to Sandra Bullock while also calling most of the allegations of his infidelity “untrue and unfounded.”

He went on to say, “There is only one person to blame for this whole situation, and that is me ... This has caused my wife and kids pain and embarrassment beyond comprehension and I am extremely saddened to have brought this on them.”

METRO WORLD NEWS



OFF THE RECORD

1982: "THE LADY IN MY LIFE", "BILLIE JEAN"

Watch **JEOPARDY!** tonight at 7:30 for the answer.

Following Wheel of Fortune at 7pm

Friday's answer: Who is Vince Vaughn.

CBC



Today
Light rain
5°C / -1°C



Tuesday
Mostly Sunny
10°C / -3°C



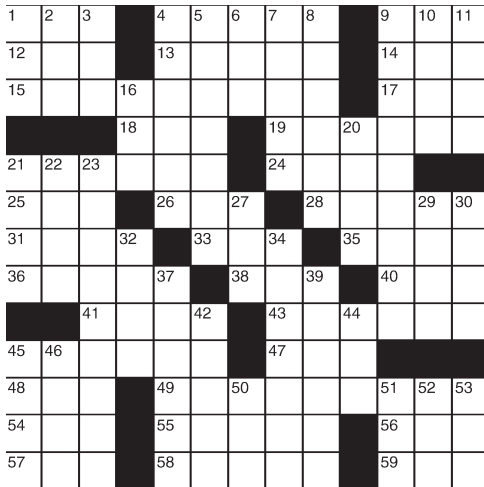
Wednesday
Partly Cloudy
9°C / -1°C



Andrew Schultz, Meteorologist - Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.



ACROSS

- 1 Switch position
- 4 Big name in early 1900s newsreels
- 9 Secret agent
- 12 Chum
- 13 "Ghosts" playwright
- 14 Sine — non
- 15 Wastes
- 17 Baseball arbiter
- 18 Brazilian city, familiarly
- 19 Upper-arm muscles
- 21 Standard usage
- 24 — gin fizz
- 25 Lawyer's abbr.
- 26 Fresh
- 28 Symbol of America
- 31 God (Latin)
- 33 "To be or — ..."
- 35 Abound
- 36 Figure of speech
- 38 Charlotte's creation
- 40 Water (Fr.)

- 41 Fox series about high school singers
- 43 Necklace features
- 45 Conestogas, e.g.
- 47 Cadence call syllable
- 48 Under the weather
- 49 Oak denizens
- 54 Payable
- 55 Good doctor
- 56 Pomeranian's perch, perhaps
- 57 Type squares
- 58 "Give me liberty ..."
- 59 Biz deg.

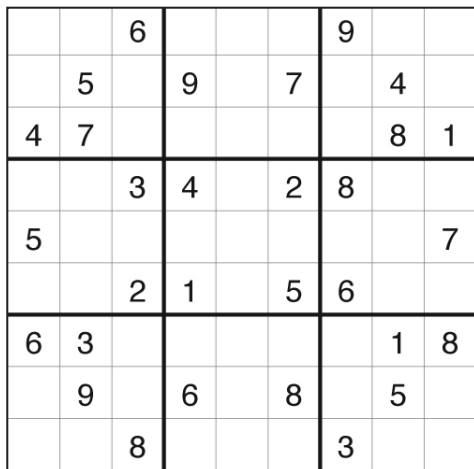
DOWN

- 1 Chances, for short
- 2 Oft-read Web page
- 3 Winter ailment
- 4 Wing
- 5 Tummy
- 6 Mao — tung
- 7 KFC additives

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Beef Salad

INGREDIENTS:

- 1/2 tsp salt
- 1 small red onion, halved and thinly sliced
- 100 g radishes, sliced
- 1 thick-cut lean rump steak, trimmed of fat
- 1 tbsp olive oil
- 1/4 tsp dried mixed herbs
- 2 tbsp walnut oil
- 1 tbsp balsamic vinegar
- 4 celery stalks, sliced on diagonal
- 125 g bag of mixed lettuce leaves

METHOD:

1. Stir salt into bowl of cold water until dissolved. Add onion and radish slices and leave to soak while cooking steak.
2. Heat nonstick frying pan until hot. Pat steak dry with paper towel. Rub steak on both sides with 2 tsp of olive oil, then season with herbs and

some black pepper. Cook steak for 2 1/2–3 1/2 minutes per side. Transfer steak to board and leave to rest.

3. Whisk remaining olive oil, walnut oil and vinegar together. Cut steak into slices about 1/4 in. thick. Pour collected juices into dressing.

4. Drain onion and radishes well, put into large bowl; add dressing with celery and beef. Gently toss. Divide salad among four plates, then spoon over beef mixture. Serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20

Choose an approach and stick with it. If you muddle up your options the outcome will be confused, but if you act decisively you will get results.

LIBRA

SEPT 23-OCT 23

Trying to conform to the way other people would like you to be is a pointless exercise. Be yourself if you want to be happy.

TAURUS

APRIL 21-MAY 21

Make a detailed plan for the week ahead. Set yourself targets that are difficult but not impossible. You need to be challenged.

SCORPIO

OCT 24-NOV 22

It may seem as if every negative event is in some way personal but that's highly unlikely. Sometimes you can be too touchy for your own good.

GEMINI

MAY 22-JUNE 21

Do something daring today the more others tell you to take it easy the more you will do the opposite. And why not? Excitement is your middle name.

SAGITTARIUS

NOV 23-DEC 21

You are in one of your get organized moods today and you know from experience it won't last long, so make use of it while you can.

CANCER

JUNE 22-JULY 22

The harder you push yourself the more you will achieve. This is not the right time to take things easy. This is not the right time for a rest.

CAPRICORN

DEC 22-JAN 20

You still seem to be worrying that you are not quite good enough to compete at the highest level. That's rubbish. You are better than your rivals.

LEO

JULY 23-AUG 23

Make something old look new again today. It is part of your skill to make even the most jaded of things look fresh, and that applies to relationships.

AQUARIUS

JAN 21-FEB 18

If you have been thinking about travelling abroad or maybe even moving from your present environment, now is the time to get serious about it.

VIRGO

AUG 24-SEPT 22

If you ask the same old questions you will, inevitably, get the same old answers. You need to adopt a more adventurous approach today.

PISCES

FEB 19-MARCH 20

Start the week in a positive frame of mind. The world is what you make of it. Imagine everything is perfect — and it will be.

This day in history

- 1894: The first playoff game for the Stanley Cup starts.
- 1916: The last Emperor of China, Yuan Shikai, abdicates the throne and the Republic of China is restored.
- 1923: The first radio broadcast of ice hockey is made by Foster Hewitt.
- 1933: U.S. President Franklin Delano Roosevelt signs into law a bill legalizing the sale of beer and wine. Prohibition would end nine months later.
- 1993: The Intel Corporation ships the first Pentium chips (80586), featuring a 60 MHz clock speed, 100+ MIPS, and a 64 bit data path.

METRO NEWS SERVICES

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Introducing 16 apps that need no introduction.

Nike Master Control

Free • Looking to improve your soccer skills this year? This elite Nike training app features instructional videos from FC Barcelona coaches. Get tips on ball control, see drills the pros use and even learn some of their signature moves.

Maclean's

Free • The only national news magazine now fits in your pocket. Read selected articles, opinions and blogs, and get the Maclean's perspective on all the issues facing the country.

CBC Hockey

Free • The home of hockey brings you live box scores for the whole NHL schedule, as well as standings and stats for every team and player. Now you can always be on top of your game.

Avis

Free • Get the car you want, when you want it from the car rental service that "tries harder." Easily check real-time availability, make on-the-fly reservations and enjoy access to special rates.

Disney

Free • The largest and most loved entertainment company in the world brings you games, videos, a radio station and more. You can even create a photo of yourself with favourite characters from the Disney movies.

Air Canada

Free • The country's largest airline, at your fingertips. Receive notifications about any changes to your flight, check in and choose your seats – all before you get to the airport.

NFB Films

Free • The National Film Board brings you hundreds of movies – for free. Watch award-winning animations and documentaries right now, or store on your iPhone and view off-line.

LEGO

Free • Enjoy the iconic building toy right on your iPhone. Take a picture, tap the screen and see the image transform itself into Lego bricks before your eyes. Save to your photo library or send to friends and relatives.

The North Face

Free • Before you hit the slopes, pocket this comprehensive resort guide from The North Face. Get trail maps, forecasts, check current snow conditions – from St. Anton to Zermatt.

L'Oréal Paris

Free • Want to know what colours suit your skin tone, or how to apply the perfect lipstick? It's all here on your iPhone. Just tap for make-up tips, skincare information and video demonstrations.

eBay

Free • Put the world's top online marketplace on your iPhone. Search for new stuff and place that last-minute bid even when you're nowhere near your computer.

CBC Radio

Free • Listen to CBC Radio on your iPhone. Tap into 19 live streams and over 60 popular programs on-demand. Browse archived episodes and create a favourites list for quick access to the programs you love.

Scotiabank

Free • Canada's most international bank – on your iPhone. Get the details of any branch and check opening hours. Tap to call or use your iPhone's GPS to find your nearest ABM.

Facebook

Free • If you love Facebook, you'll love having it on your iPhone, where you can check status updates, post comments, tag photos and upload videos when you're out and about.

BMW

Free • Now you can have the BMW experience at your fingertips. Watch a regularly updated collection of videos from prototypes to classic designs, engineering to motor sport.

ESPN

Free • Get instant scores and updates from one of the most reliable names in sports. ESPN's personalized scoreboards let you organize by sport and team so you can follow your favourites wherever you are.



It's amazing who's on the iPhone these days, from Air Canada to Disney, BMW to The North Face. There are over 140,000 apps for just about anything, only on the iPhone.

Bell

Apple iPhone 3G 